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# Halifax metro

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Your essential daily news | THURSDAY, JANUARY 28, 2016

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## MURDER CONVICTION

### Killer's crime 'cowardly'



**Zane  
Woodford**  
Metro | Halifax

A man convicted of the murder of his girlfriend was sentenced Wednesday to life in prison with no parole eligibility for 15 years.

A jury found Paul Calnen, 52, guilty of second-degree murder last year in the 2013 killing of Reita Jordan, 34.

“These were senseless, cruel and cowardly crimes,” Justice James Chipman said in delivering his sentence.

“Your monstrous behaviour has shocked the community.”

Calnen was also handed a concurrent sentence of five years for the charge of interfering with human remains — in this case, burning Jordan's body — to which he pleaded guilty at the outset of his trial.

The Crown had asked for life with 17 years parole ineligibility, and the defence for 10. The Crown was granted its request for five years for the second charge, while the defence has argued for three.

The sentence also prohibits Calnen from owning firearms for life, and requires him to submit to a DNA database.

More coverage, page 4



Tiara Williams, 3, peeks out from the closet in her new room on Wednesday. Tiara, her mom Yvette and sister Trinite received the keys to their new home Wednesday.

JEFF HARPER/METRO

## 'A PLACE TO CALL HOME'

East Preston family all smiles over new Habitat for Humanity house

metroNEWS



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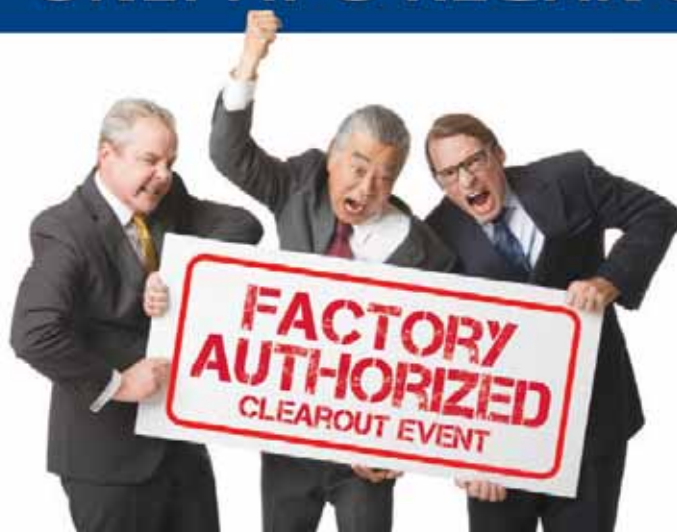
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## EDUCATION

### EXCEL fees to rise, daily snack trashed



**Haley Ryan**  
Metro | Halifax

Part-time options will no longer be offered in the EXCEL school program starting this fall, but some board members were concerned the move could hurt vulnerable families.

The Halifax Regional School Board (HRSB) voted to approve staff's recommendation of a five per cent increase for all EXCEL members in September, with a change to limit enrolment to full-time participation only.

"Costs have continued to rise," Joanne Williams, EXCEL co-ordinator, said in a presentation to the board Wednesday night.

Williams said since the EXCEL fees were last adjusted in 2011, the biggest increases have been to the hourly wages for the roughly 400 full-time and substitute staff, with group leaders seeing a 8.8 per cent raise over the past five years, and team leaders 22.6 per cent.

It's important to keep staff wages competitive so the program attracts the best people, she said, adding even with the hike EXCEL is cheaper than most before- and after-school programs.

Moving to full-time means parents can still choose just before school, after school, or both on a first-come-first serve basis but they must now pay for the full five days instead of one to four days at reduced part-time rates.

With the five per cent hike, before school fees for one kid will cost \$88.20 in 2016-17, up from \$84 this school year, or \$220.50 for after school, up from \$210.

Although only 14 per cent of those who use EXCEL are part-time, Williams said they limit the program's ability to accept all full-time families from getting a spot. "We employ staff on a full-time basis. When you have part-time participants, it doesn't allow us to recover the associated costs," she said.

The second option staff proposed would have raised the fees 7.5 per cent but kept the part-time option, which board member Dave Wright said was best since those 560 part-timers of the 5,800 total EXCEL members are likely the most vulnerable.

"We have to be an advocate for those people," Wright said.

Other reasons for the fee increase include rising costs of fresh fruits and vegetables for the daily snack, and the loss of the province's milk subsidy in 2014. Williams said the snack will be eliminated this fall to help limit the increase hike.

Although Williams said few parents identified the snack in their Top 3 reasons for choosing EXCEL in a 2015 survey, board member Steve Warburton said it's unlikely they realized it would be taken away.

"That's the kind of leadership that we should be showing, that we do support healthy living," Warburton said.

**\$323K**

It's estimated that the EXCEL program generated \$323,700 for the Halifax Regional School Board in 2016-17.

## Her dream lights up like 'Hotline Bling'

### CHILDREN'S WISH

#### Foundation sending cancer survivor, Drake fan to Grammys



**Kristen Lipscombe**  
Metro | Halifax

A whole lot of hope — and a little bit of Hotline Bling — can make a big difference.

That's certainly the case for 17-year-old Cynthia Ghosn of Halifax, who three years after being diagnosed with B-cell non-Hodgkin lymphoma is happy, healthy and off to the Grammys.

"If Drake is there, I will be one happy girl," the Grade 12 student said Wednesday, just after being presented with her special gift from the Children's Wish Foundation in front of family and friends at Sacred Heart School. "I'm just ... obsessed with him."

Cynthia and her family will



Children's Wish Foundation recipient Cynthia Ghosn, 17, of Halifax is heading to the 2016 Grammy Awards next month in Los Angeles. **Three years ago Cynthia was diagnosed with B-cell non-Hodgkin lymphoma.** KRISTEN LIPSCOMBE/METRO

be attending the 2016 Grammy Awards at the Staples Center on Feb. 16, a unique wish granted for a young woman who has faced unique challenges.

As an added surprise announced by the foundation's Nova Scotia chapter Wednesday, she and her entourage will also get to rub elbows with music's biggest names at the event's official after-party.

"But everyone else, too — like if I see Justin Bieber, Adele, everyone," a grinning ear-to-ear Cynthia said. "It's just going to be an amazing experience."

In typical teenage fashion, Cynthia shooed mom away while speaking with reporters. Roula Ghosn watched proudly from the sidelines as her smiling daughter stole the spotlight.

Roula said hope has played a huge role in helping their entire family through Cynthia's sickness, from a diagnosis that took time to pin down to regular rounds of chemotherapy.

"There's nothing in life that prepares you for the illness of a child," Roula said as her eyes welled up with tears, but added Cynthia told her "you don't go

into a fight thinking you might lose; you go into a fight knowing you're going to win."

"I had a positive attitude throughout the treatment," Cynthia said, "because I knew it wasn't going to help ... if I just sat around and thought the worst."

Cynthia said she didn't want a wish you could buy, but instead wanted a once-in-a-lifetime experience to cherish.

"I could have just chosen, like, one celebrity to meet, but then I thought, 'Why don't I just go somewhere, where I can meet a whole bunch!'" Cynthia said.

### + UNIVERSITY

Cynthia Ghosn is off to Dalhousie University in the fall, where she'll start studying kinesiology but may transfer into nursing, a choice inspired by her desire to help others after her own personal journey.



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# Calnen gets 15 to life for murdering Reita Jordan

## SENTENCE

### Court hears killer 'took everything' from family



**Zane Woodford**  
Metro | Halifax

The family of a woman murdered by her boyfriend in 2013 said Wednesday it's happy with the court's sentence against her murderer, but that won't bring back their daughter, sister and aunt.

"No one's ever gonna heal," said Reita Jordan's father, Warren after court. "We'll think about her every day."

Jordan, 34, was murdered in March 2013 by Paul Calnen, 52.

Calnen was convicted in November. On Wednesday, he was handed a sentence of life in prison with no parole eligibility for 15 years, and a concurrent five-year sentence for the charge of interfering with human remains — in this case, burning Jordan's body — to which he pleaded guilty at the outset of his trial.

The court heard victim impact statements Wednesday from Jordan's mother, sister and nieces.

Reita's mother, Donna Jordan, told the court that she's tried to think of how her daughter's life impacted the family.

"Reita was a beautiful, kind, loving, funny, strong, intelli-



**Paul Calnen** leaves Nova Scotia Supreme Court in this file photo. JEFF HARPER/METRO

gent woman," she said.

"She will be sadly missed and always loved by all who knew her, but all who knew her will also feel blessed for the short time she was in their lives."

Reita's sister, Emily Jordan, fought back tears as she described how the loss of her sister broke her heart and "took

everything" from the family.

"I looked up to her in many ways. She taught me to be who I am today, and how to love myself and respect myself and be happy," she told the court.

"All I have now are memories to look up to."

During Calnen's trial in November, the court heard evidence from Jordan's friends and family, along with investigators who worked the case.

Hours of video evidence showed Calnen first telling police he had no idea what'd

happened to Jordan, and then eventually admitting to burning her remains, but never admitting to murder.

The jury found that he did murder Jordan in March 2013 after coming home to find out she was leaving him and plan-



**The suffering you have caused did not end with Ms. Jordan's death. The suffering will be felt daily by her family and friends for the indefinite future. Justice James Chipman**



**Reita Jordan** HANDOUT

ning to steal his valuables.

That night, Calnen took her body to Ingraftport, off Highway 103, dumped it in the woods and burned her belongings.

When Calnen found out he was a person of interest, he took the body from there to Upper Musquodoboit and started to burn it, but put the fire out when he got a call from police.

Calnen finished burning Jordan's body in his own backyard, before dumping her ashes in a lake in Sherbrooke on the Eastern Shore — at her family's cottage.

Calnen's lawyer said Wednesday he plans to appeal the conviction.

## ONLINE

### RCMP lay charge of child luring

Police have charged a 44-year-old EHS paramedic in Nova Scotia with child luring after he allegedly sent inappropriate messages to two young girls in Lower Sackville.

A release from the RCMP says they received a complaint in April 2015 that an 11-year-old girl and a 12-year-old girl had received inappropriate messages online.

Police gathered evidence that they say indicates a 44-year-old man from Nine Mile River was posing as a 15-year-old boy online and sending these messages.

They arrested Todd Allen Sawler without incident during a traffic stop on Tuesday, and later searched his home and seized electronic devices.

Spokeswoman Jean Spicer said in an email Wednesday that EHS is aware of the allegations against Sawler for "activities occurring while off-duty."

"While we can confirm he is our employee, we cannot discuss employee matters publicly," reads Spicer's email.

"We will fully cooperate with the RCMP's investigation if required and continue to hold public and employee safety as our highest priority."

Sawler was expected to appear in Halifax provincial court Wednesday afternoon to respond to two charges of child luring and one count of making sexually explicit material available to a child.

ZANE WOODFORD/METRO

**15**

Age that police say the 44-year-old suspect was purporting to be in his messages.



**It hurts that I've had my big sister taken away. It's not fair.**

Emily Jordan

## SIRT INVESTIGATION

# Officer faces charges of theft, breach of trust and obstruction



**Haley Ryan**  
Metro | Halifax

Halifax Regional Police say charges of theft and breach of trust against one of their officers makes a "dark day" for the force, but allegations like these are very rare.

The charges against Det.-Const. Laurence Gary Basso, also including one of obstruction of justice, were laid Wednesday in a report by the in-

dependent Serious Incident Response Team (SIRT), and relate to a substance called "cut" that went missing from a police exhibit locker last year.

"Any time a police officer is charged is a dark day for the police department, but it's a dark day for the public as well," police Supt. Jim Perrin said Wednesday.

"We have hundreds of thousands of interactions with the public every year, and thankfully very, very few that result in circumstances such as ...

today."

All incidents are alleged to have taken place between Jan. 1 and March 14, 2015.

Basso has been an officer with the force for 11-1/2 years. Perrin said the matter was referred to SIRT in May 2015 "once we were alerted to a possible issue" with the exhibit.

SIRT director Ron MacDonald said the obstruction of justice charge relates to steps allegedly taken by Basso to help someone else avoid arrest, but

could not give further details.

MacDonald said the "cut" substance is about 700 grams of Lidocaine, a synthetic compound typically used as a local anesthetic.

In general, Perrin said there are many substances that can be used as cut, which increase the profitability of cocaine.

The drug comes in a pure form and is then mixed with a cutting agent that extends how far the product can go, Perrin said.

Basso was suspended with

pay, and continues to be "pending the outcome of this matter," according to the police statement.

"Allegations of this nature are very rare ... we take them very seriously and I think it's important for the public to know that," Perrin said.

Perrin said there's "no reason to believe" there are any other incidents related to Basso, but Halifax police have conducted an audit of their drug exhibits and are awaiting those results and

recommendations.

During its seven-month investigation, SIRT obtained statements from 20 police witnesses and five civilians.

A complete copy of the report is available at [sirt.novascotia.ca](http://sirt.novascotia.ca).

## + COURT DATE

Det.-Const. Basso is set to appear in Halifax provincial court March 30.



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**DEPLOYED HMCS MONCTON LEAVES PORT** Crew members of the HMCS Charlottetown, left, salute the HMCS Moncton as the ship and its crew head out of port on Wednesday. Both the HMCS Moncton and the Summerside are being deployed to join Operation CARIBBE 2016. JEFF HARPER/METRO

# Province not keen on border tolls: Premier

## REVENUE

### New Brunswick considering options to pay down debt

The prospect of paying to get into — or out of — New Brunswick isn't going over well in some sectors of neighbouring Nova Scotia.

The New Brunswick government is considering three toll options as it considers how to chop away at its massive debt and deficit in a budget to be tabled on Tuesday.

One would see electronic or manned tolls at four major entry points including in Aulac, N.B., a small community just across the border from Nova Scotia. The province has acknowledged there could be difficulty in securing reciprocal agreements with other jurisdictions if it chooses that option.

Premier Stephen McNeil said it was up to New Brunswick to determine the best locations to put potential tolls, although he hinted the border wasn't a good idea.

"Let's just say it'll be more difficult for them to get a toll at the border than it would be if they decided to toll a highway in their province," he said.

But McNeil was also quick



**Premier Stephen McNeil** hinted that potential tolls at the border wasn't a good idea. THE CANADIAN PRESS FILE

to play down the potential for inter-provincial conflict over the issue, saying he hadn't seen any proposal from his counterpart, Brian Gallant.

"New Brunswick is not talking about having a reciprocal agreement nor are they putting forward a proposal to do that, so that is a hypothetical situation," said McNeil.

He pointed out that Nova Scotia is also looking at the

feasibility of tolls as it considers funding the twinning of eight sections of major highways in the province.

Progressive Conservative party leader Jamie Baillie said Wednesday he'd heard concerns from residents in his riding of Cumberland South, as well as from the border town of Amherst, N.S., and would write to New Brunswick Premier Brian Gallant to ask him

to reconsider the idea.

The executive director of the Atlantic Provinces Trucking Association, whose organization represents 300 members across the region, said it's "bad strategy" for New Brunswick to use tolls to simply raise revenues.

"Tolls are meant to pay off capital infrastructure when you build a road or you build a bridge, they are not to pay off the debt," said Jean Marc Picard.

He said the move would hurt the trucking industry and also consumers who would ultimately pay more for goods moved by truck.

"It's also going to put a huge strain on local companies to continue to compete in some key markets like Montreal, Toronto and Boston — especially for traffic originating in Halifax and Moncton," said Picard.

In an emailed statement New Brunswick's Transportation Department said the idea of tolls was among the most popular options during a public consultation process on how best to tackle the province's books.

A report done for the New Brunswick government said the possibility of eight electronic toll facilities throughout the province would increase provincial revenues by about \$60 million.

THE CANADIAN PRESS

## FREEDOM OF INFORMATION

### Access laws need reform, expert says

A Nova Scotia decision ordering a Crown agency to reveal how many jobs were created by firms that received government subsidies shouldn't have taken almost five years — and shows the need for reforms to Canadian access laws, says a freedom of information advocate.

Ken Rubin, an Ottawa researcher and consultant with decades of experience using the legislation, says provisions in the Freedom of Information law relied upon by Nova Scotia Business Inc. to hold up the release should be reformed.

"There are grey areas, but this is hardly a grey area. These are public dollars where you get rebates if you create jobs," he said. "It shouldn't take that long. Let's stop playing the

game and ... release stuff."

The decision by Information Commissioner Catherine Tully comes over five years after a May 2010 request by The Canadian Press asking for the job creation numbers that resulted from payroll subsidies handed out in the first five years of the agency's existence.

The Crown agency located a database on 55 companies, many of which agreed to reveal the job creation figures that resulted from payroll rebates received between 2002 and 2007.

However, six didn't consent and the agency didn't forward their figures by 2013, when an initial article was prepared on results from the program.

THE CANADIAN PRESS

## AFRICAN HERITAGE MONTH

### All-black military battalion honoured

Black Heritage Month was officially launched Wednesday at the Nova Scotia legislature with the unveiling of a poster honouring the No. 2 Construction Battalion.

The military unit formed during the First World War was the only predominantly African-Canadian battalion since Confederation.

The segregated battalion allowed black men who had previously been turned away

by recruiters to enlist in the military.

Formed on July 5, 1916 in Pictou, N.S., the more than 600-strong unit was mostly comprised of men from Nova Scotia, although volunteers also came from other parts of Canada, the United States and the Caribbean.

The battalion served in various support roles along the Western Front in Europe.

THE CANADIAN PRESS



# A heartfelt housewarming

EAST PRESTON

## Family delights in home built by Habitat for Humanity



**Yvette d'Entremont**  
Metro | Halifax

It didn't take a giggling three-year-old Tiara long to discover that the closets in her new home make great hiding places.

Tiara, her mom Yvette Williams and eight-year-old sister Trinite, walked into their new and completed Habitat for Humanity home in East Preston for the first time on Wednesday afternoon.

Surrounded by family, friends and media, Williams said she had been anxiously waiting for the day her family finally got to see the completed three-bedroom structure built in the same community where she grew up.

"I'm in the community where I was raised. I can raise my own children in the same community, they can go to the same school that I went to, the same daycare and everything," Williams said. "That hasn't happened before. I am just excited."

Families selected for Habitat for Humanity homes are chosen based on need, their ability to repay a no-down-payment, no-interest mortgage and their commitment to volunteer 500 hours on building their home and/or volunteering within their community.



Tiara, left, age 3, her sister Trinite, age 8, and mother Yvette Williams enter their new house for the first time on Wednesday. JEFF HARPER/METRO

The single mother works full time and said one of the things she was most looking forward to was making the family's first home cooked meal in their new kitchen.

Williams said not having to worry about moving again was a huge relief.

"This is going to make a very big difference for us," she said.

Her older daughter, Trinite, was equally excited. She was pleased to have the day off school so she could see the inside of her new home.

Following her home tour, Trinite gave a thumbs-up and said it was "very good."

"This is really going to change their lives. They are going to have a place to call

# 18,000

In 2015, Habitat for Humanity Nova Scotia benefited from the work of more than 1,000 volunteers who donated more than 18,000 volunteer hours.

home and for that we're all truly grateful," said Marie-France LeBlanc, CEO of Habitat for Humanity Nova Scotia.

Preston-Dartmouth MLA Keith Colwell said he was pleased with the latest Habitat for Humanity home in East Preston and would like to see many more built to address what he called a "severe shortage"

of housing in the area.

"I can tell you representing this community that we got a very severe shortage of housing for young people to stay in the community and they're moving out of the community and that's not good," Colwell said.

"So it's wonderful to see we have two homes now and I'd love to see 50 homes here."

RETAIL

## Value Village aiming for New Minas store

A Value Village store could be coming to New Minas this year.

"Our New Minas store is tentatively scheduled to open in fall of 2016," Sara Gaugl, spokeswoman for Value Village said Monday in an email.

The second-hand retailer will take over space in the mall that previously housed Zellers. The space has been vacant since 2013 when the department

store pulled out.

"We generally concentrate our efforts within certain geographical areas where both Value Village and our nonprofit partners can be successful in serving local communities," Gaugl said.

"We believe that our value proposition will resonate well with the New Minas community, as we have heard that many people in New Minas and surrounding areas have been traveling as far as Halifax to shop at Value Village."

Who those nonprofit partners will be has not yet been finalized, but Gaugl says an announcement will be made publicly closer to the grand opening. When contacted Thursday, County Fair Mall management declined to comment. TC MEDIA

## IN BRIEF

### Popular national park to see bridge replacement

Backcountry travellers will have to paddle a little farther to reach the southern sections of Kejim this summer.

Kejimikujik National Park announced on their webpage Tuesday that they will start work to replace the Eel Weir bridge this June.

The wooden bridge crosses the Mersey River where it flows out of Kejimikujik Lake via George Lake.

The construction project will require the closure of a section of the Eel Weir gravel road starting June 20. The closure will be in effect for all traffic including cyclists and pedestrians.

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Number of people Value Village typically hires at each new store, according to Sara Gaugl.



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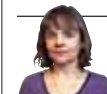


Ainslee Umlah, left, and Karen Filbee-Dexter put up artwork at the Bloomfield Centre in 2014. JEFF HARPER/METRO

# Advocates split from province

## REDEVELOPMENT

### Bloomfield group leaves over lack of progress, talk



**Yvette d'Entremont**  
Metro | Halifax

A north-end Halifax community group has ended its partnership with Housing Nova Scotia, citing communication issues with the government corporation and a desire to return to its core mandate.

Imagine Bloomfield formed in 2003 to create a community-based vision for the redevelopment of the Bloomfield master plan. The facility was formerly a school and then operated as a community centre from 1982 until its December 2014 closure.

In 2012, Halifax Regional Municipality put out a request for proposals for the implementation of the Bloomfield master plan. It was awarded to Housing Nova Scotia, which shortly afterward formed a partnership with Imagine Bloomfield.

Imagine Bloomfield board member Kathy Moggridge said Wednesday that during the past year her group has had no formal communication with Housing Nova Scotia.

She said the group is also frustrated by what it describes as a lack of progress on the project, despite a growing need for community space and afford-

able housing in the city's north end. The group feels it could better advocate independently.

"People do want to see it go forward and very much want to see the restoration of the historic properties there, and also with the affordable-housing piece as well as the community site," Moggridge said.

"With us being tied into the province, we're not really able to advocate and lobby and get engaged again, so we were worried about our credibility with the community. Now we can go back and continue to work more publicly."

Housing Nova Scotia CEO Dan Troke said Wednesday

“

**The door is certainly open in the future.**

Housing Nova Scotia  
CEO Dan Troke

that Imagine Bloomfield was "hugely instrumental" in helping create the master plan and applauded the group's work. He said Housing Nova Scotia has been busy working on the project internally, dealing with issues around finances, designs and partnerships.

"Imagine Bloomfield is looking at the way they feel they can be most influential in what happens over the coming months, by pushing more from an advocacy perspective than the partnership perspective that we had," Troke said.



# Strangers linked by mystery disorder

## HEALTH

### Athlete learns of rare genetic mutation by woman's call

Canadian hurdler Priscilla Lopes-Schliep can't forget the phone call. A woman from Iowa rang her up and claimed they might share a rare genetic condition.

Lopes-Schliep still recalls that Sunday in February 2014 when the caller said, "I looked you up on the Internet and I saw pictures of you."

That caller, Jill Viles, 41, has spindly arms and legs and needs a motorized scooter to get around because her muscles are too weak.

Lopes-Schliep, on the other hand, has powerful muscles all over her body. The 33-year-old former hurdler won an Olympic bronze medal in 2008.

What rare condition could they possibly share?

What triggered the call was a picture of Lopes-Schliep in her running gear, showing her powerful build. The photo was noticed by Viles's sister and set

in motion the unlikely events that would tie Viles and Lopes-Schliep together.

For years, Viles pushed doctors and researchers for answers to her health problems. Viles suspected she might have lipodystrophy, a rare genetic disorder, characterized by fat accumulating in the neck, face and pelvic areas.

She had already been diagnosed with a rare gene mutation-related ailment, Emery-Dreifuss muscular dystrophy, which causes extreme muscle weakness and joint stiffening.

Lopes-Schliep agreed to the phone call, which came on Feb. 2, 2014.

During the conversation the two shared their histories — similar stories about being teased about their veins while growing up, the loss of body fat. Lopes-Schliep's interest was piqued.

The two women would meet the following April at the Westin Harbour Castle hotel in Toronto. They spent the afternoon together, with Viles's mother and Lopes-Schliep's young daughters in tow.

Then came a big ask: Viles wanted Lopes-Schliep to get tested for the suspected mutation.

The runner says she didn't feel

pressured, and agreed because "sometimes you have a feeling in your gut."

Later that year, Viles tracked down Dr. Abhimanyu Garg, a professor of internal medicine and metabolic disease at the University of Texas Southwestern Medical Center. Garg, a leading expert in lipodystrophy, agreed to conduct genetic screening to check for the condition.

The tests confirmed both Viles and Lopes-Schliep have lipodystrophy.

The discovery of the genetic link the women share is credited for saving Lopes-Schliep from a pancreatitis attack due to her condition. Garg called Lopes-Schliep to warn her she was on the verge of a pancreatitis attack because of the high level of fat in her blood, a symptom of lipodystrophy.

"My jaw dropped," the runner says. That's because her cousin had a pancreatitis attack about a year earlier and spent almost two weeks in hospital, much of that time being fed through a tube.

Lopes-Schliep says she's eternally grateful that Viles had the courage to reach out. As Viles sums it up: "It's been an amazing journey." TORSTAR NEWS SERVICE



1 Former Canadian Olympic hurdler and bronze medal winner Priscilla Lopes-Schliep has something in common with Iowa mom Jill Viles: different mutations on the same gene. CONTRIBUTED 2 Viles with son Martin. CONTRIBUTED 3 Lopes-Schliep competes during the 60-metre hurdles race in Sherbrooke, Que., in 2012. THE CANADIAN PRESS

## LGBTQ ISSUES

# University of Alberta adds third gender option on form



Alex Boyd  
Metro | Edmonton

Students applying to the University of Alberta will soon have another option beyond male and female when disclosing their

gender: "Another/prefer not to disclose."

"It makes the point to really say, 'We include you,'" said Cody Bondarchuk, with the student union, who campaigned on the issue when he ran for student office last year. "Talking to the students who felt like they didn't

feel included was really heart-breaking."

Bondarchuk said that while gender data is useful for demographics, students shouldn't have to disclose if they don't want to — and the change is part of a larger move to make non-binary students feel more welcome.

At this point the new, third option appears only on the paper application form, so university staff can input data manually and override the gender settings.

Acting associate registrar Norma Rodenburg said this is the first step in changing the way the university organizes its records.

Gender is currently used by computerized systems to search student records and prevent things like duplicate profiles, which has made it difficult to remove it entirely, she said.

"But the longer goal is changing our reliance on the data points that we're using to

manage our records," she added.

Rodenburg said they've had calls from potential applicants concerned about having to tick a box based on the gender binary. "When we hear that people are not applying ... because they're not comfortable, that's a problem," she said.

## IN BRIEF

### Canadian unveils his homemade exoskeleton

An inventor who says he was inspired by the comic hero Iron Man has demonstrated a homemade exoskeleton by lifting a car for a German TV crew. James Hobson, of Kitchener, Ont., says the lift was about 360 kilograms.

THE CANADIAN PRESS

### Steps taken to protect streetcars from 'street art'

Municipalities are boosting the fight against graffiti by requiring new transit cars to have built-in protections to reduce street art. Montreal's new Metro cars and Toronto streetcars — along with transit vehicles in Vancouver and Edmonton — are installed with some level of protection that limit damage. THE CANADIAN PRESS

## DISCRIMINATION

### Tories skirted UN rules on refugees

Released documents paint the clearest picture to date of how the Conservatives' controversial approach to Syrian refugee resettlement played out last year.

The prior government had originally committed to take in just 1,300 Syrian refugees. Former prime minister Stephen Harper had been under intense pressure to increase that total, but only agreed to accept 10,000 more, provided that religious and ethnic minorities were prioritized.

The policy was contentious. The vast majority of the refugees are Muslim. The decision to hone in on "religious minorities" prompted allegations the government was biased against Muslims and was violating UN principles of refugee resettlement.

The refugees Canada accepts

for resettlement are chosen by the UN. They do not use ethnicity or religion as a basis for determining whether someone requires resettlement.

But documents tabled in the House of Commons this week show a workaround. Visa officers were instructed to track "areas of focus" for refugees, including whether someone was a member of a vulnerable ethnic or religious minority, the documents say.

They applied that criteria to the files they received from the UN. "Cases meeting at least one of the areas of focus were identified for expedited processing," the documents say. "Cases that did not meet the areas of focus were included in the mission's inventory and processed as a regular case." THE CANADIAN PRESS

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# There or not, Trump still drives Republican debate

## IOWA CAUCUS

### Fox News snub keeps all eyes on GOP frontrunner

Once again, Donald Trump steals the show.

The billionaire Republican's decision to tangle with Fox News and skip the final presidential debate before Iowa's kickoff caucuses all but ensures that he — and he alone — will dominate the conversation in the closing moments of campaigning in 2016's leadoff state.

It's a move that for any other candidate would probably be viewed as un-presidential. But for Trump, it's more likely to serve as fresh evidence that he's successfully redefining the art of presidential politics.

"This takes guts and is the kind of mentality our country needs in order to Make America Great Again," Trump's campaign said.

Instead of appearing on the debate stage Thursday night,



Republican presidential candidate Donald Trump, left, and Fox News Channel host and moderator Megyn Kelly. Trump isn't backing down from his threat to boycott Thursday night's GOP debate after calling Kelly a "lightweight" and biased.

THE ASSOCIATED PRESS FILE



## + TRUMPED UP

### Presidential campaign marked by controversy

Trump's presidential run has been defined by unconventional moments. He's questioned whether Arizona Sen. John McCain is worthy of being called a war hero, graphically criticized Fox News anchor Megyn Kelly and unveiled a widely condemned plan to bar Muslims from the United States.

Trump said he will host an event at the same time to raise money for wounded veterans.

The move puts the other seven Republican participants in an awkward position. Attack the party's absentee front-runner and provide him with even more attention? Or ignore him and leave voters wondering what they think of the national Republican front-runner's hardball play just days before the Feb. 1 caucus?

"I think, you know, the media's been handled by him," said New Jersey Gov. Chris Christie, one of Trump's rivals for the Republican nomination. "Folks

have allowed him to do things that no other candidate's ever been allowed to do in American presidential history."

Trump has maintained his support in the preference polls he loves to tout — a reflection of his ability to capture the feelings of a Republican electorate deeply skeptical of the party's establishment and of the country's news organizations.

For the past several days, Trump has sought Fox News anchor Megyn Kelly's removal as a moderator of the Thursday night debate. His back and forth with the network reached a tipping point on Tuesday afternoon,



At the end of the day, Mr. Trump is going to have the last laugh.

Corey Lewandowski, campaign manager

when Fox News mocked Trump with a sarcastic statement that said the leaders of Iran and Russia "both intend to treat Donald Trump unfairly when they meet with him if he becomes president."

Republican officials tried to hide their disappointment, if not their concern for the tremendous power Trump wields in the 2016 primary contest.

"Every candidate has the right to decide not to participate in a

sanctioned debate," said Steve Duprey, the official in charge of the Republican National Committee's debate efforts. "Time will tell whether this works to his benefit or hurts his campaign."

Trump's campaign manager, Corey Lewandowski, said that "Mr. Trump doesn't play games."

"At the end of the day," he said on MSNBC, "Mr. Trump is going to have the last laugh."

THE ASSOCIATED PRESS

## SOCIAL MEDIA

### Matador sparks outrage

A Spanish bullfighter took his five-month-old daughter into the ring with a charging bull just six months after he was gored while performing and nearly 22 years after his father died from bullfighting injuries.

Francisco Rivera Ordóñez's daughter, Carmen, was born on Aug. 19. Just 10 days earlier, her father was hospitalized after being "gored in the groin by a bull" on Aug. 11.

The Ombudsman of Andalusia referred the image, posted to Ordóñez's Instagram account, to Spanish prosecutors.

The image initially provoked furor on social media, led by animal activists like comedian Ricky Gervais, who tweeted: "Mental, dangerous & cruel. With or without a baby."

However, Ordóñez's fellow bullfighters rallied to his defence, posting images of their own children in the ring.

Ordóñez followed the original message, which spoke of Carmen's "debut," with a post apparently showing him in his father's arms in front of a charging bull, alongside the caption: "History repeats itself."

He also tweeted: "To think that I put my daughter's safety in danger is a barbaridad (atrocious)." TORSTAR NEWS SERVICE



Francisco Rivera Ordóñez with his daughter.

F.R. PAQUIRRI/INSTAGRAM

## NIGERIA

### Boko Haram suspected in deadly bombing

Five female suicide bombers exploded in the Chibok hometown of Nigeria's kidnapped schoolgirls on Wednesday, killing nine people and wounding 32, witnesses said.

Soldiers were searching the northeastern town late Wednesday for two other women seen with the bombers and also suspected to be strapped with explosives, according to teacher Emmanuel Cosmos.

One of three wounded soldiers died in the hospital later Wednesday, according to a nurse who spoke on condition of anonymity. Another blast occurred

at a military checkpoint at the entrance to Chibok, according to witnesses and community leader Tsambo Hosea Abana.

Residents blamed Boko Haram, the Islamic extremist group that kidnapped nearly 300 Chibok schoolgirls in April 2014. Dozens escaped, but 219 remain missing.

Chibok is a Christian enclave in Nigeria's predominantly Muslim north. Boko Haram's increasing use of girls and young women as suicide bombers has raised fears the militants are using captives as weapons.

THE ASSOCIATED PRESS



Mothers of missing girls, kidnapped in 2014 from their school in Chibok, react during a rally in Abuja. PHILIP OJISUA/AFP/GETTY IMAGES

## IN BRIEF

### Italian minister criticizes censorship of statues

Italy's culture minister has called the decision to cover up naked statues at a Rome museum where Iranian President Hassan Rouhani was visiting "incomprehensible."

The cover-up involved the placement of several wooden panels to shield nude statues at Rome's Capitoline Museums. The measures prompted some politicians to accuse the government of caving into "cultural submission."

THE ASSOCIATED PRESS

### Prosecutors: Marathon bomber 'remorseless'

Prosecutors allege in newly released court documents that Boston Marathon bomber Dzhokhar Tsarnaev showed "the opposite of remorse" when he was captured. Tsarnaev was convicted last year and sentenced to death for his role in an attack that killed three people and injured more than 260. Prosecutors say Tsarnaev made remorseless statements after he was critically wounded in a shootout with police. THE ASSOCIATED PRESS



# Canadian clothing retailers struggling

## APPAREL

### International competitors take up 'huge market space'

Le Château has become a penny stock, Reitmans is trading at less than \$4 and Danier Leather is at \$1.35, signalling a lack of confidence in Canada's few remaining publicly traded apparel retailers.

"It isn't a big club in Canada, that's for sure, and it's a shrinking club," said Phil Lichtszal, partner and lead of the Retail Consulting Services Group at Richter LLP.

"If we look back over the past 20 to 30 years, there is no question that these domestic retailers are very heavily challenged with the entry of international competitors like Zara, H&M and Forever 21, which have taken up huge market

space and share in very little time."

On the horizon loom new competitors: Nordstrom, Simons and Japanese retailer Uniqlo.

Canadian retailers need to be more innovative, said Mark Lee, professor at Ted Rogers School of Retail Management. "Internationally, Canadian brands aren't as strong as others in the world. No one is jumping on a plane to buy at Le Château or Holt Renfrew."

A big problem with some retailers is sameness of product, said Lichtszal.

"If you're selling the same-old same-old in terms of experience and same-old same-old in terms of product, that is not a good mix."

The good news for troubled Canadian retailers is that the lineup of U.S. retailers trying to get into the market has vanished in the wake of Target's failure.

TORSTAR NEWS SERVICE



A Le Château store in Toronto. TORSTAR NEWS SERVICE

## RIDESHARING

### Edmonton first city to legalize Uber



Ryan Tumilty  
Metro | Edmonton

After a marathon debate, councillors have passed a bylaw that will make Uber legal in Edmonton, making it the first city in Canada to legalize the ridesharing service.

In an eight-to-four vote, council passed a new bylaw that would allow Uber — or any other ridesharing firm — to operate legally, provided they have sufficient insurance and register with the city.

Coun. Dave Loken, who opposed the bylaw, said the company's illegal operations for more than a year made it feel like council was rewarding bad behaviour. "They have completely ignored our laws. They have continued to operate without regard to what we're trying to do here," he said.

Edmonton Mayor Don Iveson said the bylaw was a step forward, even if it wasn't perfect. "It enables innovation rather than constrains it. It enables competition rather than constrains it," he said. "More choice is good for Edmontonians."

## market minute

	<b>DOLLAR</b> 70.91¢ (-0.14¢)
	<b>TSX</b> 12,377.77 (+46.45)
	<b>OIL</b> \$32.30 US (+85¢)
	<b>GOLD</b> \$1,115.80 US (-\$4.40)
<b>NATURAL GAS:</b> \$2.189 US (+0.9¢)	
<b>DOW JONES:</b> 15,944.46 (-222.77)	

## IN BRIEF

### Banks eyeing Bitcoin

The technology underlying the virtual currency Bitcoin is being touted as the next big thing and to avoid being blindsided, Canadian banks are jumping on board, exploring ways it can help streamline their processes.

THE CANADIAN PRESS



## Changes coming to Seniors' Pharmacare

Starting April 1:

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BY MARK CRAWFORD  
JANUARY 19 - FEBRUARY 7, 2016

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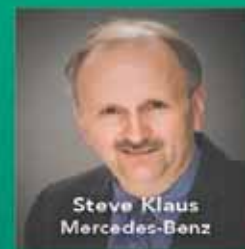
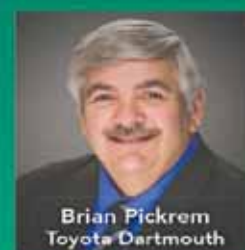
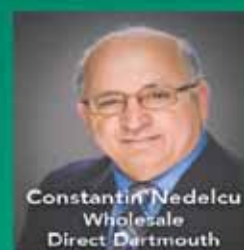
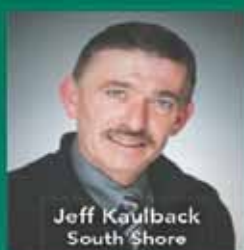


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## OUR 2015



## PEOPLE

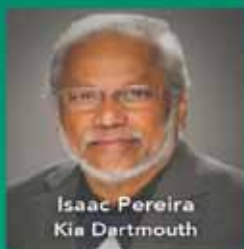


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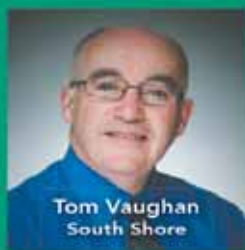
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Samar Salloum  
BMW & MINI



Shane MacKinnon  
Lexus



Tom Vaughan  
South Shore



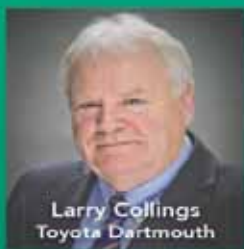
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Wholesale Direct SS



Robert Drohan  
Green Light Halifax



Peter Zablocki  
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Amanda Jamieson  
Kia Dartmouth



Jon Pickett  
Nissan Dartmouth





# OUR 2015



# PEOPLE

# metro VIEWS

Your essential daily news

Thursday, January 28, 2016



## JOHN HONDERICH ON POSTMEDIA'S PAUL GODFREY

**Let him make his case about the state of the industry. And let him attack (Torstar). But get your facts right, Paul. That's the least we should expect from the CEO of a newspaper chain.**



There you go again, Paul.

Trifling with the truth about the newspaper industry.

Paul, of course, is Paul Godfrey, CEO of Postmedia, the newspaper chain that just announced the merger of newsrooms in Vancouver, Calgary, Edmonton and Ottawa and the laying-off of 90 more staff.

The move has sparked a firestorm of criticism and Godfrey seems to be out on a speaking blitz arguing his case. One of the major bones of contention has been the virtual control of the company by New York hedge funds, Golden

Tree in particular.

Godfrey spoke Monday to the C.D. Howe Institute and has given separate interviews.

There is one major point he has been emphasizing, to what end is not clear. Here's how he put it.

"If it wasn't for Golden Tree Asset Management, this chain may not be in existence today, because there were no Canadians who stepped up to buy (the papers)... People should be happy that at least somebody (bought) the newspapers and kept a lot of people employed."

Really, Paul?

What he is referring to is the process in 2010 when a bankrupt CanWest was forced to put its big city newspapers on the trading block.

The New York hedge funds, with Godfrey as their front, eventually won the day.

Were there any Canadian bidders? You bet.

How about Torstar, of which

I am the Chair of the Board? And we are Canadian.

We submitted a bid of approximately \$800 million and in fact, we announced so publicly on May 3, 2010.

I did a Google search and there were at least 20 stories in the Globe, Marketing Magazine, Canoe, J-Source, and the Star about our bid. It was public knowledge.

And how about Birch Hill Equity Partners, another Canadian firm?

Led by David Samuel and involving former Osprey owner and longtime newspaper proprietor Michael Sifton, Birch Hill also put in a bid. Again, everyone in the process knew about this.

So where were you, Paul?

And what about those subsequent chats you and I have had about that process and what unfolded? Have you forgotten?

And while we're at it, what about your bald statement that

Golden Tree is only an equity player and not involved in the company's staggering debt?

Postmedia's own Management Information Circular, posted on its website, states clearly, "Golden Tree and certain investment funds to which it serves as an investment adviser own Variable Voting Shares and a portion of the first-lien (debt) and second-lien (debt)."

Seems pretty clear to me.

In the same speech, Godfrey attacks the Star's tablet initiative, which is entirely his prerogative. And let him make his case about the state of the industry. And let him attack us.

But get your facts right, Paul.

I think that's the least we should expect from the CEO of a newspaper chain.

**John Honderich** is a former publisher of the Toronto Star. He is chair of Torstar's board of directors.

## ROSEMARY WESTWOOD

metroview

**This may be the worst January ever, but soon it will be dead.**

I have a friend who, if she had to pick a last meal, would pick a dinner party.

There would be several courses and kinds of cheese, and a signature cocktail — something stiff nicknamed "The Reckoning" or "Denouement."

Only a handful of things (outside actually dying) could keep her from attending a dinner party, but January is on the list. This January, in particular.

She didn't concoct an excuse. She just wasn't feeling like herself, hadn't been for a few weeks, and thought it best to hide in a hole until it passed.

I might have been more alarmed if that didn't sound just like January, this particular January, to suck your own sense of self right out of you.

Just a few days earlier, another friend for whom crying is decidedly out of character — akin to humility on Donald Trump — admitted she burst into tears in public. In a café. Sitting at the bar as the baristas pulled espressos, "crying in their faces."

I can't remember a January feeling quite this bad. Yes, it is a notoriously terrible month. Last week we hit the saddest Monday of the year — a title with little scientific merit, but seized nonetheless by public officials holding open houses on seasonal affective disorder. January's also dubbed

divorce season, and new research from one U.K. law firm suggests that's because couples hold out over December to avoid ruining the holidays. Another friend who works in investment management noted a lot of clients tend to die in January, having similarly fought through the end of the year. That might also explain why obituaries of famous people have been headlining newscasts for weeks.

My sample size for those currently suffering from worst-January-ever is admittedly small, female, and early 30s. So maybe it's about being at an age when you feel you should be a fully formed human with a fertility plan and topped-up RRSP, so what are these emotional diapers doing here?

Never mind, January. I'm onto you. You can drape dull, shapeless clouds over grey skylines. You can sink us into unending evening blackness and strip away the little greenery left in the city. You can soak the west in daily rain till even bones feel damp, and leave us all with the sense that we'll never be all that we can be in 2016, even if we joined the army.

But in just a few days, you'll be dead, January. And eventually, so will winter. And even if we have to hide in a hole until it passes, we're going to feel like ourselves again. Soon.

**One of (Godfrey's) major bones of contention has been the virtual control of the company by New York hedge funds.**

### THE MICROTREND: XO Canada



How you swap spit may have more to do with your postal code than your partner's preferences. According to a new survey, the way Canadians kiss varies wildly from province to province. British Columbians are three times more likely than average to go for a long kiss, and Albertans are most willing to dump a bad kisser (22 per cent would, versus 17 per cent of their B.C. neighbours). And — quelle surprise! — Quebecers love French kissing most of all. Forty-seven per cent said they prefer tongue, while only 24 per cent of chaste Maritimers do; the Canadian average is 38 per cent. (It should be said that the study smacks of self-interest: It was done by a company that makes cosmetic lip filler). SOURCE: EMERVEL

### LETTER COUN. LINDA MOSHER ON LEAVE FOR SURGERY

Dear Editors,

Regarding an article published in the Jan. 26, 2016 Halifax edition of Metro, "Halifax council notebook: Linda Mosher taking leave of absence": Unfortunately, the way the article was written leaves my absence wide open both in terms of length and reason. As a result, I have had many inquiries from concerned friends, residents and colleagues. Under our charter, a councillor cannot miss three consecutive meetings without being granted a leave of absence. Councillor Adams indicated that due to back-to-back meetings next week, he was requesting leave on my behalf. He also indicated I would be back to work within two to three weeks.

**Under our charter, a councillor cannot miss three consecutive meetings without being granted a leave of absence.**

I will be having surgery Feb. 2nd, and in a two-day period council would be having three council meetings, thus I would cease to be able to serve as councillor without this leave.

Sincerely,  
Linda Mosher  
Councillor, District 9,  
Halifax Armdale

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# Falling into forbidden love

MODERN ROMEO AND JULIET

## Story exposes Afghanistan's patriarchal terrorism

Henrietta Walmark  
Metro | Canada



Rod Nordland, international correspondent at large for the New York Times, thinks Canada would be the very best place for Afghanistan's Romeo and Juliet.

The veteran journalist was Kabul bureau chief for the NYT in March 2014 when he first wrote about Zakia, then 18, and Ali, 21, the young Afghan couple who risked all for love. Nordland's story about the defiant lovers who went into hiding to escape death threats from Zakia's family, captivated readers around the world. The American newsman wrote more than a half dozen follow-up stories about the star-crossed pair over the next year.

So why revisit their story in book form now, Nordland was asked in a phone interview from New York on Tuesday, the day of the launch of *The Lovers* (HarperCollins, \$33.50).

"There was no way I could do justice to it through newspaper stories," he says. "It was just very liberating to be able to say everything I thought there was to say about not



The Hindu Kush region on the outskirts of Kabul offers few hiding spots for Afghan lovers on the lam. MANJUNATH KIRAN/AFP/GETTY IMAGES

just their story but the lessons that their experiences have for women in general in Afghanistan."

He hopes the book, subtitled *The True Story of How They Defied Their Families and Escaped an Honor Killing*, will garner so much attention that it will inspire or shame someone in authority to help the couple who are still holed up in Afghanistan; someone in a Western government who



would be willing to bend the rules a bit to give Zakia and Ali asylum.

Canada's new government



**If we turn our backs on them, they won't have any hope at all.**

Rod Nordland, author of *The Lovers*, says of Afghanistan's women

has made Nordland hopeful of what he calls his "best-case scenario" for Zakia and Ali. "In the United States, we say to a

refugee, OK, after we finally let you in after years and years, now we're just going to let you sink or swim, you know it's up to you," he says. "Whereas Canada gives people more of a safety net and literacy training and language training that this couple very much needs."

Nordland brings Zakia and Ali's romance vividly to life — it's easy to fall under the spell of the impetuous yet devoted couple.

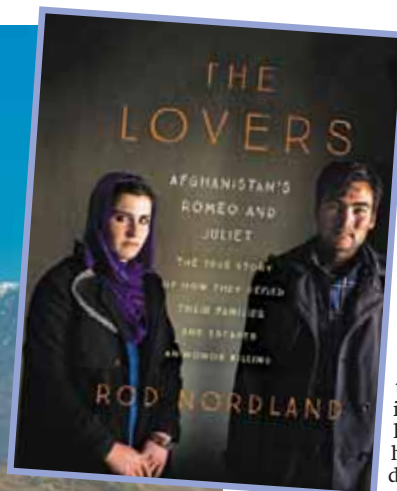
But he moves *The Lovers* beyond that narrow narrative to locate their love story in the harrowing reality of what it means to be female in Afghanistan today.

"Some of those stories are pretty horrifying," he says. "It doesn't get much worse than the story

of Brishna, the 10-year-old raped by her mullah [a religious leader]. Her family tried to arrange to marry her [to her rapist] and was supported by the president of the country."

Though Nordland admits he's felt at times that there is nothing anyone will ever be able to do about the situation in Afghanistan, he adds that we can't just say a pox on all their houses.

"There are women in Afghanistan whose expectations of a better life and freedom from this patriarchal terrorism they live under have been raised. They really do have a lot of hope for the future. If we turn our backs on them, they won't have any hope at all. In the end, as discouraging as the whole picture is, we need to try to do something about it."



JOHANNA SCHNELLER WHAT I'M WATCHING

# The personal side of international affairs

**THE SHOW:** *Madam Secretary*, Season 2, Episode 12 (CBS/Global)

**THE MOMENT:** The Incisors

U.S. Secretary of State Elizabeth McCord (the fabulous Téa Leoni) is trying to leave the office. Her chief of staff Nadine (Bebe Neuwirth) stops her. "I'll be going with you to Myanmar tomorrow instead of Jake," Nadine says.

"Okay. Everything all right?" Elizabeth asks.

"I just thought he could use a

break," Nadine says. "The baby's teething. Incisors."

Both women wince.

"Those are the tough ones," Elizabeth says. "What's the real reason?" Nadine takes a breath.

"I recently found out my son is there," she says.

"Your son?" Elizabeth asks, surprised.

"From a brief affair when I was touring Europe with a dance troupe," Nadine explains.

"Dance troupe?" Elizabeth asks.

"Before law school," Nadine replies.

"You and I really should have gone out for a drink at some point," Elizabeth says.

This is why I watch this show. Yeah, yeah, it's about international events — ambassador trade agreement embargo diplomacy blah blah. What it's really about is how women navigate their careers/personal lives.

Elizabeth is a diplomat — but aren't we all, when it comes to massaging bosses' egos, man-

aging underlings and trying to keep our families from resenting us too much. Women in power talk about teething. Right on.

After this, we cut to Elizabeth at home, lugging a suitcase down her stairs in heels, while her husband and daughters sit a metre away at the breakfast table, immersed in their phones.

"Okay, I'm off to the treaty signing in Myanmar!" Elizabeth trills. No one even looks up. Every working mother has played that scene.



Leoni and Neuwirth in *Madam Secretary*. CONTRIBUTED



# Lena Dunham's top 3 reads



## READING LIST

### Girls' creator recommends

Lena Dunham, Emmy and Golden Globe-winning creator of HBO's *Girls* (Season 6 launches April 24) and author of *Not That Kind of Girl*, tells us about three books that have influenced her perspective and work.

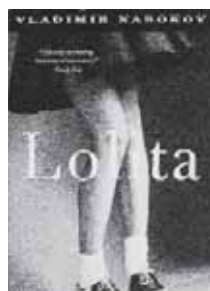
#### 1 *Wallflower at the Orgy* by Nora Ephron

They're beautiful, funny personal essays that are really important to women and also great journalism. So it's a huge one for me. I dedicated my own book to Nora. She was a close friend of mine and obviously a huge influence to me and to everyone who was lucky enough to meet her. She was so supportive of me writing my own book, *Not That Kind of Girl: A Young Woman Tells You What She's Learned*.



#### 2 *Lolita* by Vladimir Nabokov

It's just a beautiful, important novel, although it's previously been wrapped up in scandal. But when you read it, it's got a very strong morality to it. And in a lot of ways it sides with this young female character, Dolores Haze, despite being narrated by a man, and that's an unusual perspective. It still feels really modern because the use of its language feels modern and the story is fascinating.



#### 3 *Sula* by Toni Morrison

It's another that is a big deal for me. I loved the book and the way that it explored relationships between women and issues of identity for women. And it was just really influential to me in my teenage years. I'd suggest that anyone would benefit and be entertained by reading these three books.



TORSTAR NEWS SERVICE

# Freewheeling dreams of a 1960s Halifax man

## THE MOTORCYCLIST

### George Elliott Clarke pens book inspired by father's diary

Sue Carter  
For Metro Canada



When George Elliott Clarke's father died in August 2005, the loss hit him harder than he ever imagined. Their relationship had been strained and, like many children, Clarke never felt he really understood who his dad was.

So when his dad bequeathed him his diary, Clarke found an opportunity to get to know his parent in a real way. But it took the Toronto author and poet many months before he felt emotionally ready to open the journal, which covered 1959, the year Clarke was conceived.

Therein he discovered a father he had never known — a self-taught artist who loved women and his motorcycle in equal measure, trying to make the best of his life living in economically depressed and racially tense Halifax.

Most importantly, Clarke discovered a man "who was vulnerable, uncertain about himself and indecisive," completely dissimilar to the overly confident father with whom he would constantly argue. This young man would form the core of Carl Black, the lady-killer protagonist in Clarke's new novel, *The Motorcyclist*, published by HarperCollins.

Clarke, who was recently appointed the Canadian Parliamentary Poet Laureate, is the most prolific and well-re-

garded documenter of the East Coast Africadian community. His 2001 poetry collection, *Execution Poems* — about his cousins, who were hanged in 1949 for the murder of a New Brunswick taxi driver — won the Governor General's Literary Award and introduced many readers outside of Atlantic Canada to an often overlooked black history. (Clarke later adapted their story into the novel, *George and Rue*.)

About 13 years ago, Clarke says he changed his creative process by reading his words aloud while writing. For *The Motorcyclist*, which pounds like a drum or the revving of an engine, Clarke recited each sentence, twice, trying to "figure out the cadence, rhythm and musicality of a line."

The biggest challenge in writing the book, says Clarke, was getting some distance from his dad's story. He imagined what it must have been like to be part of the "On the Road generation" — immersed in the freewheeling beatnik spirit of Allen Ginsberg or Jack Kerouac, but remaining confined by geography and economic realities. His father's generation came of age just before the advent of the pill, where sexual experimentation meant the risk of unwanted pregnancies, and, often worse, marriages.

"How did those aspirations for greater freedom or liberty translate into the milieu of the Maritimes?" asks Clarke. "These



George Elliott Clarke says it wasn't until his father died and bequeathed him his diary that he had an understanding of the man. CONTRIBUTED

were relatively small cities and folks, who may not have travelled very much or had much education, which was certainly true of the black community."

While much of Carl's journey comes from his father's life, Clarke says he is a composite character made up of the experiences of young Nova Scotian men of the era. "Carl

became a way for me to explore a well-read young man with an interest in the wider world," says Clarke, "and how he navigated the somewhat narrower byways and highways of Halifax and Nova Scotia."

Sue Carter is the editor at Quill & Quire magazine.



## ARCHIVES

# Lost Beatrix Potter set to be published

A newly discovered story written more than a century ago by the cherished British children's author Beatrix Potter will be published in September, Penguin Random House announced Tuesday.

The Tale of Kitty-In-Boots, a story about a black cat that leads a double life, was found two years ago by Penguin Random House publisher Jo Hanks.

Potter is best known for *The Tale of Peter Rabbit*, which has sold 45 million copies and been

translated into 36 languages. The publication of the newly-uncovered tale forms part of this year's celebrations marking the 150th anniversary of her birth.

Hanks found a reference to the story in an out-of-print literary history of the author.

Hanks delved into the Potter archives held at the Victoria and Albert Museum in London and discovered the 1914 manuscript.

AFP

## BOOK BRIEF

### The Lie Tree wins Costa Book of the Year

The Lie Tree, a Victorian mystery for young readers, has won Britain's Costa Book of the Year prize — a rare triumph for youth fiction at a major literary prize.

Author Frances Hardinge said she was surprised and delighted to receive the \$50,000 prize Tuesday night. She said that "sometimes children's fiction is seen as a bit lightweight, in a way that I think is not deserved."

Open to writers from Britain and Ireland, the prize selects a champion from winners in five categories: novel, first novel, biography, poetry and children's book.

Hardinge beat Kate Atkinson's wartime novel *A God in Ruins*; Andrew Michael Hurley's debut horror novel *The Loney*; Andrea Wulf's biography of scientist Alexander Von Humboldt *The Invention of Nature*; and poet Don Paterson's 40 Sonnets.

THE ASSOCIATED PRESS

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**TOP SIX@6 LAST NIGHT:**

- 6 Fetty Wap ft. Remy Boyz 679
- 5 Belly ft. The Weeknd Might Not
- 4 Travis Scott Antidote
- 3 Justin Bieber Love Yourself
- 2 Twenty One Pilots Stressed Out
- 1 The Chainsmokers ft. Rozes Roses

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MEET THE CONDO

# Shoreside homes fit for a King

## KING'S WHARF



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## Project overview

King's Wharf is a vibrant mix of natural beauty, inspired design and urban convenience. Buildings include The Anchorage, The Aquavista, The Keelson — and soon The Killick. Currently there are about 254 units, with another 110 expected by the summer.

## Housing Amenities

Stunning water views, all units have six Bosch appliances, plus each building has a social lounge and exercise facilities. Kings Wharf is pet-friendly, has indoor parking, canal-side walking trails, and a marina with mooring space. Condo fees include heat, air conditioning, hot/cold water.

## Location and transit

King's Wharf is 400 meters to the public ferry, and less than a 10 minute drive to downtown Halifax. It's within walking distance to downtown Dartmouth, on several bus routes and, has seasonal water taxi service.

## In the neighbourhood

King's Wharf is a part of the renaissance of downtown Dartmouth with independently owned fashion boutiques, theatre, and a farmers market. King's Wharf also has its own community — with Il Trullo Restaurant, JustUs Coffee Shop, an artist-in-residence, law firm and other amenities.

## + NEED TO KNOW

**What:** King's Wharf

**Builder:** Fares & Co Development Inc.

**Location:** The shores of Halifax Harbour, Dartmouth side.

**Building:** Mixed-use, condo, apartment, commercial and eventually townhomes.

**Sizes:** Just under 900 sq. ft. to 2,300 sq. ft.

**Pricing:** Starting at \$349,000

**Suites:** From studios to three bedroom, various floor plans

**Status:** Completed and on-going

**Sales centre:** 31 King's Wharf Place

**Phone:** 902-406-6000

**Website:** kingswharf.ca



Marie Kondo is back with the illustrated follow-up Spark Joy: an Illustrated Master Class on the Art of Organizing and Tidying Up. NATSUNO ICHIGO/TEN SPEED PRESS

SPARK JOY

# Marie Kondo strives for 'world peace'

Author of the international best-seller *The Life-Changing Magic of Tidying Up* (Ten Speed Press, 2014), Kondo became famous for advising readers how to transform their lives by sifting through their belongings one by one, embracing those that "spark joy" and bidding a fond but hasty farewell to the rest.

Her new book, *Spark Joy: an Illustrated Master Class on the Art of Organizing and Tidying Up* (Ten Speed), provides illustrations and more detail.

"After I published my first book, a lot of readers came with a lot of questions," the petite, soft-spoken Kondo said in Japanese, after a presentation to a packed auditorium at the Japan Society in New York.

She also has a fresh perspective



a mess yet. What has surprised me most is the amount of stuff a baby needs," Kondo said, sitting primly at the edge of her seat.

With an understated sense of humour, she notes in her new book that one of the people with whom she has had to share her storage methods is her new husband, himself so minimalist that

tive as a new mother.

"My daughter is only six months old, so my method hasn't changed ... She cannot make

he moved in with only four cardboard boxes of belongings.

"I am learning that unspoken family rules differ from one household to another, and that storage methods I had assumed were obvious need to be properly shared and explained," she writes.

Kondo's earlier book had no illustrations; *Spark Joy* is full of her charming, child-like drawings of everything from organized kitchen cupboards, to folding techniques for clothes ranging from underwear to frilly blouses to hoodies.

Spark Joy includes advice on moving, packing and decorating with tiny, cheerful knick-knacks (this is smile-inducing minimalism).

She even gives a nod to those

who don't thrill to tidying up. Kondo admitted to her New York audience that she regrets some of her earlier zeal in discarding her family's belongings. Or, as she says in the new book, "Only when we accept unconditionally people whose values differ from our own can we really say that we have finished tidying."

While she may have mellowed in some respects, her goals are in no way diminished. Proper tidying up, she happily announced to the rapt audience, brings not only life-changing magic but a sense of joy that can spread from household to household, country to country.

"I believe my method will lead to world peace in the end," she said, smiling sweetly.

THE ASSOCIATED PRESS





Those bills have a way of sneaking up on you. ISTOCK

# Staying on top of bills

## BUDGETING

### Financial expert suggests a more flexible cash-flow plan

Jennifer Taplin

Sometimes it feels like it's a case of 'easy come, easy go' with the monthly bills.

They have a way of sneaking up and draining your paycheques like nothing else. Luckily, financial experts have some good advice for

staying on top of them.

For Greg Bonnell, a certified cash-flow specialist, budget is a bad word. Instead, he suggests working on a more flexible cash-flow plan.

"So opposed to having rigid white lines on the side of the road, you have a little bit of shoulder you can operate on from time-to-time because life throws you that curve ball," he said.

Plan on spending only 90 or 95 per cent of what you bring in, Bonnell added, so you're building a contingency fund for unexpected expenses. Monthly bills are sneaky, but so is an increased property assessment or a leaky

roof. "The money that is not being spent should be segregated from your regular spending account so it accumulates and builds," Bonnell said. "If I have \$50 in my chequing account it's fair game... but we are able to do that, spend it right down to zero, because we know next week there will be money there and we have built that contingency plan."

It's better to use contingency money than use a line of credit for unexpected expenses, he added. And speaking of credit, beware of points credit cards, Bonnell said.

"Credit and debt can be useful tools but sometimes

people will spend more than they should on their credit cards to get the points."

Robert Hunt, a partner at Grant Thornton, is more friendly towards budgets and recommends them as one of the best ways to stay ahead of your monthly bills.

The key is to budget then track how you did, he said.

"And it's very important for people to reward themselves for some of these successes," Hunt said. "A reward can range from the intrinsic value of knowing you've saved some money this month to something more tangible like taking your partner out for dinner to celebrate."

## BANKRUPTCY

### Personal trainer for your finances

For many people who haven't ever met one, it can be hard to understand just what a financial adviser does.

In some cases, Paul Pothier, consultant with Investors Group, he's kind of like a personal trainer. For example, he said, one time a client came in wanting to make a big luxury purchase but after figuring out it would set back his retirement plan by a year, decided it wasn't worth it.

Financial advisers can be watchdogs, but also point out opportunities.

"We spend a lot of time really trying to understand what people want," Pothier said.

"Pretty much everyone wants to retire early, everyone wants to pay off their house as quick as they can, get out of debt as soon as they can so people have generally the same kinds of goals. But how we get them there is usually different with every person."

Robert Hunt, partner at Grant Thornton, said most people he works with are having troubles with their bills, with their level of credit, and debt.

"When we take into account their income, their asset situation and their debt, then we believe we can provide that compre-



Advisers can be watchdogs — but also point out new opportunities. ISTOCK

hensive review to really make sure they understand what options make the most sense for them."

Bankruptcy should be the absolute last resort, said John Eisner, president of Credit Counseling Services of Atlantic Canada.

"Most people go into obligations with good intentions of paying their bills but in some situations that's not possible."

When there's no other option and people go bankrupt, they feel defeated. This is why Eisner said he tries hard not to go down that road. Having options helps, he said, because fear of the unknown is what puts them in these situations.

"The things I measure more than anything is: how is this impacting you? How is this impacting your family? How is impacting your job? Those are the questions that need to be answered because you can't put a price on that."

JENNIFER TAPLIN

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# HEALTH, MIND & BODY

## Treat, relieve pain with laser therapy

People who sit for long periods of time have a greater risk of developing back pain and even more serious issues like a lumbar disc herniation. When we spend time sitting at a desk, craning our neck toward the computer or tilting our head to cradle a phone while typing, muscles tighten up and pull the upper lumbar spine forward, resulting in uneven distribution of upper-body weight along the arch of the spine.

When we move, soft discs between vertebrae expand and contract like sponges, soaking up fresh blood and nutrients. But when we sit for a long time, discs are squashed unevenly. Collagen hardens around tendons and ligaments, which makes our spine inflexible.

Recent warnings from the FDA regarding

common pain medications have changed people's approach to pain management. Patients and health-care practitioners alike are increasingly seeking natural pain-management alternatives that do not carry the side effects associated with medications. A popular treatment option that meets this need involves the use of non-thermal laser therapy. A growing body of research has shown that this technology accelerates the natural healing process.

Non-thermal laser therapy uses very specific wavelengths designed to promote tissue healing, relieve pain, and reduce inflammation at a cellular level. In collaboration with senior scientists and researchers at Princess Margaret Cancer Centre in Toronto, Theralase has developed state-of-the-art technology that



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delivers a precise amount of light energy to the target tissue while customizing treatments for each patient. It is known as Light Speed Healing.

Light Speed Healing is currently used by thousands of health-care practitioners includ-

ing physicians and surgeons, chiropractors, physiotherapists, massage therapists and foot specialists, across the globe, to complement existing hands-on healing practices.

More about the benefits of non-thermal laser therapy is available at [lightspeedhealing.com](http://lightspeedhealing.com).

## Affordable quality eyewear

The availability of lower prices for quality eyeglasses is a new reality — it's a worldwide phenomenon. The Canadian Optical Warehouse is an HRM leader of that trend.

For example, its large selection of frames starting at just \$19.95 is only comparable to the web in pricing.

Yet, unlike the web, you can try them on, touch and feel the eyeglasses, and the professional stylists and opticians will make the adjustments, take the measurements and give you all the information you need to look your best, while seeing great.

"Progressive lenses and coatings are always improving. It makes a difference to know what you are buying. Shopping online often only tells you generically what lenses you are getting," says Kristie Robertson, co-owner/Manager at The Canadian Optical Warehouse in Halifax.

"Progressive lenses have been around for 40 years — it's like comparing the first colour TVs to digital TVs of today. Buyer beware."

Frames, too, have evolved. Quality in plastic frames relates to the original materials. The high-quality, handmade Italian frames at The Canadian Optical



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Warehouse, starting at just \$99.95, are made of acetate (cotton based) for deep unparalleled colourations.

Many frame manufacturers now avoid the high-licence fees of brand names, and direct those dollars into quality. You can get beautiful eyeglasses for less than ever at The Canadian Optical Warehouse.



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# Live well with your condition

Do you have an ongoing health condition such as arthritis, diabetes, depression, fibromyalgia, chronic pain, asthma, or high blood pressure?

Nova Scotia Health Authority offers a free six-week program called Your Way to Wellness to help adults with ongoing (chronic) health conditions overcome daily challenges, take action and live a healthier life.

The program helps participants develop self-management skills that can make it easier to live well with chronic health conditions.

"This program is just the reboot I needed, it definitely has had a positive impact on my future," says Theresa, a Your Way to Wellness participant. "I've learned many new things ... that I believe will help me achieve many of my future short and long-term goals, especially for my overall health. It has definitely made an impact to improve



CONTRIBUTED

my mind, body and spirit, and that will certainly bring new happiness to my life."

Led by trained volunteers who also have chronic conditions, the program focuses on pain and fatigue management, breathing techniques, relaxation, managing emotions, nutrition, physical activity, and medications. It will help you learn to manage common symptoms, solve problems, work effectively with your health care providers, find community resources, talk about your chronic condition with family and friends, set healthy goals and take action.

Sign-up today to take control of your chronic condition. For more information visit [yourwaytowellness.ca](http://yourwaytowellness.ca). To register call 902-473-7709 or email [yw2w@cdha.nshealth.ca](mailto:yw2w@cdha.nshealth.ca).

# Free programs from the Community Health Teams

Free wellness programs offered through Community Health Teams can help in so many ways. Programs like Discovering Your Best Weight, Living with Stress, Physical Activity on a Budget and the Incredible Years Parenting are just a few of the programs offered in your community.

"You have given us a gift of learning how to shop, cook and encouraged our self esteem. You gave us confidence" says clients Lorraine and Carla Jean.

They participated in one of the Community Health Team's most popular programs: Making the Most of Your Food Dollar.

All programs are free, offered in multiple community locations and no referral is required. Programs are offered during the day and evenings.

"Our programs are also set up to make them easy to access," says Lisa Sutherland, a team lead.

One client said the fact it was free made a big difference. "I've been to many classes offered by the Community Health Team like physical activity, nutrition and weight management. I've enjoyed every one of them,"



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the client says. Another wonderful service provided by the Community Health Teams is navigation. Clients with more complex health and social needs can connect one-on-one with wellness navigators, Sutherland said.

"Navigators are health professionals who know health care, the community and government systems and can help folks find the right resources," she says.

To register for an upcoming program or to meet with a navigator, call 902-460-4560 or check us out online at [communityhealthteams.ca](http://communityhealthteams.ca).

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- Wellness navigation

Call today to register: **902-460-4560**

Or check out more free programs and register online:  
[www.communityhealthteams.ca](http://www.communityhealthteams.ca)



# Helping you put your best foot forward

There's a well-known saying at Orthotics East: "I stand corrected."

Orthotics East Ltd. is celebrating 30 years of helping ease pain in people's lower limbs and feet. With their lab on site in their downtown Halifax location, they can offer a quick turnaround on production of custom foot orthotics, and make adjustments right away.

"Our clients say that our assessments are the most thorough and that on top of the effectiveness of our devices, our knowledge and help is exceptional," said Freeman Churchill, owner and president of Orthotics East. "I enjoy helping people be as active as they can be."

The highly-educated professionals at Orthotics East serve clients of all ages and activity levels, from the casual walker to Olympic gold medalist. They are members of the College of Pedorthics of Canada and the Pedorthic Association of Canada. Orthotics East is also a training site for the University of Western Ontario Diploma in Pedorthics and they host kinesiology students from Dalhousie University.

"It's an honour when clients recommend



CONTRIBUTED

visiting Orthotics East to the people they care about: their family, friends, co-workers," says Jaime Nickerson, Certified Pedorthist (Canada).

"Whether it be finishing their first race in the Bluenose Marathon, keeping up with the grandkids while on holiday or getting through the workday, it is a real joy to be involved in helping clients to achieve their goals and improve their quality of life."

# Sunscreen a necessity to protect your skin in winter

With the winter chill nipping at your nose, now is the time to get advice on how to keep your skin hydrated and protected.

With more than 14 years experience working as a clinical esthetician in Halifax, Uptown Salon and Spa proprietor Jenny Zinck is a skincare expert.

"Just because it's cold outside doesn't mean you can put away your sunscreen," Zinck says.

"Skin protects us from UV radiation, microorganisms, and toxic agents so skin needs to be hydrated and protected from the cold with sunscreen."

Hydrated skin is more flexible and using a product with SPF of 25 or more will help prevent a cold-weather burn. Try Cyberderm Every Morning Sun Whip (SPF 25).

A facial is a great way to take care of your skin but how beneficial the facial depends on which products are used.

"An organic facial mask is the preferred, most pure, and safest way to rejuvenate the skin," Zinck says.

It is crucial to use products without synthetic, she adds. That is why at Uptown



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they use the Comfort Zone skincare line. These products are produced in a facility in Parma, Italy which uses 100 per cent of its energy from renewable sources. Plus their reforestation projects seek to offset the environmental impact of production and packaging.

Zinck recommends the Sacred Nature Bio-certified skincare line from Comfort Zone.




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Minnesota Timberwolves forward Andrew Wiggins will play in the NBA All-Star Rising Stars Challenge on Feb. 12 in his hometown Toronto

# Tigers in a 'dogfight' to secure post-season berth

## AUS HOCKEY

### Huskies edge rivals from across town



**Kristen Lipscombe**  
Metro | Halifax

Time is quickly ticking down on the regular season for the Dalhousie men's hockey team.

The Tigers dropped a fast-paced game 5-4 to local rivals the Saint Mary's Huskies on Wednesday night at the Halifax Forum.

The Tigers (6-13-4) are currently in seventh place of the AUS standings with 16 points.

The top six of the conference's eight teams make the playoffs.

"We're in for a dogfight for that last spot in the playoffs, so every point is critical," Dalhousie head coach Chris Donnelly said shortly after his team's disappointing loss, which included a strong second-period comeback to tie it up at 3-3 with less than five minutes remaining in the frame.

"I thought it was an excellent game, and when you bring people together for a great cause, I think it's very fitting that the game was contested so closely."

That cause was Bell Let's Talk



Dalhousie Tigers goaltender Corbin Boes makes a glove save against the Saint Mary's Huskies on Wednesday night at the Scotiabank Centre. KRISTEN LIPSCOMBE/METRO

Day, which drew an enthusiastic crowd out to the rink to not just take in some skilled university hockey, but also to help the AUS spread positive mental-health messages. Some spectators opted to share kind sentiment on thought bubbles that were hung around the rink, while others snapped photos wearing Let's Talk swag to share

## WEDNESDAY In Halifax

<b>5</b>	<b>4</b>
<b>HUSKIES</b>	<b>TIGERS</b>

the good vibes on social media.

Back on the ice, Saint Mary's scored two straight in the open-

ing frame, from defenceman Michael D'Orazio on the power play and forward Ben Duffy.

Forward Matt Tipoff assisted both of those goals, also adding one of his own to make it 3-1 midway through the second period.

"It's always a tough game against Dal," Tipoff said. "They're extremely hard-

**9,000**

The number of fans who attended the four AUS hockey games taking place in three provinces Wednesday night in support of Bell Let's Talk Day.

working."

The Huskies (13-7-2) are currently in fourth place in the AUS with 28 points.

The UNB Varsity Reds and Acadia Axemen claim the top two AUS spots with 33 points apiece, while the St. Francis Xavier X-Men have earned their playoff berth with 33 points.

Defenceman Alex Cord and blue-liner also scored, while Jamie Doornbosch notched the game-winner for Saint Mary's late in the third. Marc Terriault made 11 saves on just 15 shots.

On Dal's side, forward Andrew Wigginton had an unassisted marker in the second and a power-play goal in the third, also adding an assist. Forward Tanner Williams and forward Phil Gadoury also scored, while netminder Corbin Boes made 34 saves.

"That team played us as hard as UNB played us," Huskies head coach Trevor Stienburg said.

"I'm just glad we got the two points — plain and simple."

## NHL

### Crosby surges back to old self

In the middle of chaos, the puck allowed Sidney Crosby a rare moment of clarity.

There it was, on his stick as the Pittsburgh Penguins star stood at the goal-line on Monday night. In front of him, the New Jersey Devils were too busy tangling with Crosby's teammates to notice the two-time MVP on the doorstep, giving him enough time to flip the rebound to his

forehand before sending it past sprawled Devils goaltender Cory Schneider.

A split second later, the red light came on. The Penguins had a lead they would never relinquish and their captain moved a step closer to putting a prolonged slump firmly in his rearview mirror.

"It was kind of nice there to have some time and the puck lying there," Crosby said. "Just tried to make sure I put it in."

His 17th goal of the season capped a 5-1-2 surge into the all-star break. Floundering in December, Pittsburgh heads to February with something resembling momentum, fuelled in part by a leader who appears to be embracing new head coach Mike Sullivan's team-wide challenge to his players to get their hands dirty.

Look at Crosby's inelegant face-first dive to the ice after his ninth goal in his last seven games at Consol Energy Center as proof. For all his considerable talent, coaches have struggled to figure out how to best use him on the power play. On Monday there he was, down in the thick of things and ready to pounce when given the chance.

"He's scored a fair amount of goals and a lot of them are in the hard areas, right around the blue paint where you have to take a cross check or you've got to get your nose over the puck and pay a price in order to score," Sullivan said. "I think he's a world-class player that has the skill sets to play in those areas and he plays with courage."



**Sidney Crosby**  
GETTY IMAGES FILE

## NHL

### Stoner pleads guilty in bear-hunting case



**Clayton Stoner** GETTY IMAGES FILE

National Hockey League defenceman Clayton Stoner has pleaded guilty to hunting without a licence in connection with a grizzly bear hunt on British Columbia's central coast.

Stoner, 30, who plays for the Anaheim Ducks, appeared in an Abbotsford, B.C., court on Wednesday to face one charge under the provincial Wildlife Act involving the hunt in B.C.'s Great Bear Rainforest in May 2013. THE CANADIAN PRESS



## IN BRIEF

### Lightning shut out Leafs

Andrei Vasilevskiy made 30 saves, Steven Stamkos scored his 21st goal and the Tampa Bay Lightning beat the Toronto Maple Leafs 1-0 on Wednesday night.

Tampa Bay entered the all-star break by winning eight of its last nine games.

Jonathan Bernier stopped 28 shots for the Maple Leafs, who have lost nine of 10 (1-7-2). Toronto has been outscored 31-11 during that stretch.

THE ASSOCIATED PRESS

## AUSTRALIAN OPEN

### Raonic advances to semis Down Under

Milos Raonic wrote Canadian tennis history Wednesday when he defeated Gael Monfils 6-3, 3-6, 6-3, 6-4 at the Australian Open to earn a spot in his second career Grand Slam semifinal.

He is the first Canadian man to go this far in Melbourne and just the second Canadian man or woman to reach the semifinals here after Eugenie Bouchard did so in 2014.

Raonic remains just the second Canadian man to reach



## WHO'S NEXT?

Raonic will next play four-time finalist Andy Murray. The second-ranked player beat eighth-seed David Ferrer 6-3, 6-7 (5), 6-2, 6-3 in his quarter-final match.

a Grand Slam semifinal since Robert Powell did it more than a century ago in 1908 at Wimbledon. THE CANADIAN PRESS



## RECIPE Chicken Milanese



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This crispy, lemon-y chicken is highly addictive and should only be cooked if you're ready to make it once a week for the rest of your life. You've been warned.

### Ready in

Prep time: 15 minutes  
Total time: 30 minutes

### Serves 4

### Ingredients

- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

### Directions

1. Preheat oven to 400 F.
2. Place tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.
3. With a sharp knife, slice the chicken in half so you end up with four thin cutlets. Place them on a work surface between two sheets of cling film. Use a rolling pin or meat mallet and pound until cutlets are 1/4-inch thin.
4. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip each piece of chicken into the egg, then press them on each side in the panko mixture and place on a clean plate.
5. Pour olive oil in skillet over medium heat. Place chicken in the hot oil and cook on each side until they're golden brown and crispy, about 5 minutes a side.
6. Serve with fresh arugula and roasted cherry tomatoes.

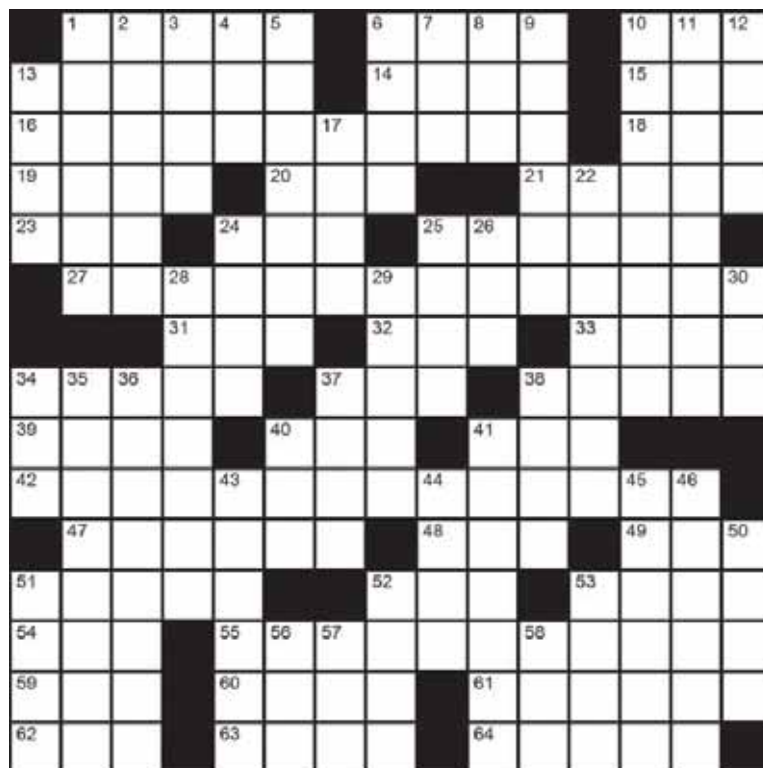
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Sampled
6. Alpha, \_\_, gamma...
10. "Law & Order: \_\_\_"
13. TV personality Ms. Shepherd
14. Awestruck
15. Never: German
16. As per #27-Across... \_\_ citizen
18. Basketball's li'l Magic city
19. Barge \_\_ (Intrude)
20. Shed tool
21. Play it up on stage
23. Green places in cities [abbr.]
24. \_\_ dropping
25. "Calling Occupants of Interplanetary Craft" is a song by Canadian band \_\_ that The Carpenters covered in 1977
27. It says only a #16-Across is eligible for Office of President: acr. + wd.
31. Egg layer
32. Mr. McMahon's
33. D'Urbervilles heroine
34. Mr. Martin (Cold-play singer)
37. Angry
38. Cast
39. Judge
40. Games org.
41. Superstar
42. Tom Cochrane hit: 4 wds.
47. Sparks of light
48. Little: French
49. Cave
51. Treaty of \_\_ (War



of 1812 finisher)  
52. Web feed syst. for updates  
53. Rattle  
54. Sen. Ted Cruz ( \_\_ ): 2016 Presidential candidate who came into the world in Canada in 1970, that's why #27-Across has been

in headlines lately  
55. Start of the American document at #27-Across created in 1787: 3 wds.  
59. Riddle-me-\_\_  
60. "Rolie Polie \_\_"  
61. GM car safety system  
62. Medical pros

63. Actress Ms. Ward  
64. Breakfast serving

### DOWN

1. Alanis Morissette song: wd. + letter  
2. Flip the coin again

3. Lady Antebellum's " \_\_ to You"  
4. Be mistaken  
5. Actress Ms. Carroll  
6. Styx tune  
7. Self-importance  
8. Leafs, on scoreboards  
9. Lamb: French

10. Even more snobby  
11. Skilled violinist  
12. River to the Ubangi  
13. Cut  
17. Un-highs  
22. Actor Mr. Perry  
24. Pesci and Piscopo  
25. Captain \_\_ (17th-century sailor)  
26. Mil. officers  
28. Add one's opinion to the debate: 2 wds.  
29. Instruct  
30. Australian state [acronym]  
34. Gladiator's 450  
35. Intensify  
36. Automatic reactions  
37. Extinct flightless birds  
38. "Ac-Cent- \_\_ Ate the Positive"  
40. 'Lobby' suffix  
41. Laser target in a dermatologist's office, perhaps: 2 wds.  
43. How animals boarded Noah's Ark: 2 wds.  
44. \_\_ dixit (Unproven claim)  
45. Adjusts  
46. Loudly scold: 2 wds.  
50. Not ever, poetically  
51. Rover's warning  
52. Ms. Perlman  
53. Pink: Spanish  
56. 'Client' ending (Patronage)  
57. Up to, poetically  
58. Antacid brand

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Don't back off. The only way you are going to get past your problems is by rolling up your sleeves and getting stuck in to whatever it is that is making you feel blue.

**Taurus** April 21 - May 21  
Your social life will get a boost and there's a possibility that love will come into your life — you will certainly meet someone who gets your pulse racing. It may not be the love of your life, but it will be fun!

**Gemini** May 22 - June 21  
You are living beyond your means and must make the necessary adjustments. They will be even more painful in the long-term if you don't make them now.

**Cancer** June 22 - July 23  
You have to be ruthless with those who seem to get a kick out of making life difficult for you. Both in your personal life and at work don't be afraid to cut ties that hold you back.

**Leo** July 24 - Aug. 23  
There are times when even a Leo knows they must bend with the breeze. The winds of change are simply too strong for you to resist any longer. It's time for a change!

**Virgo** Aug. 24 - Sept. 23  
You're in one of those moods — you enjoy stirring up trouble. There's something in the Virgo nature that delights in creating chaos. You're sure to say or do something that causes an uproar today.

**Libra** Sept. 24 - Oct. 23  
You're willing to fight for what you believe in, and that's good because you will be challenged by someone who disagrees strongly with your opinions today. Don't give them an inch — there is no middle ground!

**Scorpio** Oct. 24 - Nov. 22  
Someone will come into your life and open your eyes to new possibilities. They'll remind you that, important as your own affairs are, there is a world out there that cannot be ignored.

**Sagittarius** Nov. 23 - Dec. 21  
You seem to prefer the dream world inside your head to the real world around you. What happens next will remind you that the real world is not such a bad place.

**Capricorn** Dec. 22 - Jan. 20  
Look back over the past few months and ask yourself what you actually achieved. Rather a lot, most likely, so why are you still feeling down? Snap out of it because new opportunities are coming. Be ready for them.

**Aquarius** Jan. 21 - Feb. 19  
Your head is full of great ideas but they must stay there; you won't have the chance to follow up on them for a while. Even if you miss one opportunity there will always be another.

**Pisces** Feb. 20 - March 20  
Focus on what it is that you do better than anyone else. The more narrow your range the more successful you will be. If an issue doesn't concern you directly you must ignore it.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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